



# How to Pray Together as a Couple

## A Simple Guide to Building Spiritual Connection • Divine Grace Coaching

### Why Pray Together?

Praying together invites God into the center of your relationship. It creates spiritual intimacy, strengthens unity, and reminds couples that they are on the same team.

### Step 1: Start Small

If praying together feels awkward, begin with just a few minutes. Prayer does not have to be long or complicated to be meaningful.

### Step 2: Share Prayer Requests

Before praying, ask: • How can I pray for you today?

- What has been on your heart lately?
- What are you grateful for right now?

### Step 3: Keep It Simple

A simple prayer can include: • Praise

- Gratitude
- Requests
- Blessing over your spouse

### Step 4: Pray for Your Relationship

Pray for: • Unity

- Communication
- Wisdom
- Protection
- Forgiveness
- Future goals and decisions

### When Prayer Feels Difficult

Don't focus on saying the perfect words. Focus on being present with God and with each other.

### Conversation Starters Before Prayer

- What has been your biggest challenge this week?
- Where have you seen God at work recently?
- What do you need prayer for right now?

### This Week's Challenge

✓ Pray together at least 3 times this week.

- ✓ Ask your spouse how you can specifically pray for them.
- ✓ End each prayer by thanking God for one thing about your spouse.

**Scripture**

"Again, truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven."

Matthew 18:19

**Need Additional Support?**

Covenant Alignment Intensive

<https://divinegracecoaching.com/covenant-alignment>